# EFFECTIVENESS OF VIDEO ASSISTING TEACHING PROGRAM ON KNOWLEDGE REGARDING PREVENTION AND MANAGEMENT OF VARICOSE VEINS AMONG NURSING OFFICERS WORKING IN ICUsOF SELECTED HOSPITALS OF BELAGAVI, KARNATAKA

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***ABSTRACT***

*Varicose veins are distended, bulging and twisted form of vein beneath the skin of the legs. The most common symptoms are edema and twisted veins in the legs, ankles, and feet. Although there is no recognized reason for varicose veins, there seem to be multiple causesthat can support the development of this condition. Low physical activity, smoking, a family history of varicose veins, intrinsic valve or vein wall abnormalities, valve damage from trauma, blockage, deep vein thrombosis (DVT), or infection are among the risk factors. Due to ageing process increasing there will be interference with systemic conditions and also chronic venous distention caused by standing for lengthy periods of time, obesity, or pregnancy are some of the factors which affects in the venous return and loss of elasticity in the veins. The quantitative research approach was used in the present study. The present study adopted Quasi experimentalpretest post test design for the evaluating the effectiveness of video assisted teaching programon knowledge and attitude regarding prevention and management of varicose veins among nursing officers working at critical care units. The present study was conducted in selected hospitals of Belagavi, Karnataka state. The population selected for the present study is nursing officers working at critical care units. The Non-Probability purposive sampling technique wasused in the present study to draw the samples from the total population. Level of knowledge of participants of both groups, it reveals that, in experimental group, during pre-test majority 74(74%) were had average knowledge. In control group, during pretest majority 69(69%) were had average knowledge. The overall mean pre-test, post-test and enhancement knowledge scores of respondents of experimental and control group regarding prevention and managementof varicose veins. With respect to experimental group, the post-test mean knowledge scores wasfound higher when compared with pre test mean knowledge score value. The difference in the pretest and post-test values and are found statistically significant at 5% level (P<0.05) with a Z value of 11.59. With respect to control group, the findings reveal that the post-test mean knowledge scores was found when compared with pre test mean knowledge score value. The statistical Wilcoxon Z value implies that the difference in the pretest and post-test values and is not found statistically significant at 5% level (P<0.05) with a Z value of 2.44. There exists no statistical significance in the enhancement of knowledge score indicating no significant changes in attitude scores of participants of control group. Hence, the null hypothesis $H_{02}$ withrespect to knowledge scores of participants is rejected and research hypothesis $H_2$ is supported.*

***KEYWORDS:*** *Varicose veins, Edema, trauma, obesity, venous.*

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**INTRODUCTION**

The traditional surgical treatment has been vein stripping to remove the affected veins. Alternative techniques, such as ultrasound-guided foam sclero therapy, radiofrequency ablation and endovenous laser treatment, are available as well. Because most of the blood in the legs is returned by the deep veins, the superficial veins, which return only about 10 per cent of the total blood of the legs, can usually be removed or ablated without serious harm. (Al-Mugheed KA, Bayraktar N 2018). Varicose veins are a medical disorder in which the peripheral veins become dilated and distorted. The veins usually appear in the limbs, right beneath the skin. Varicose veins are frequently accompanied with fewer symptoms. Certain people, though, may feel a sense of lethargy or soreness in the affected area. Complications such as haemorrhage and superficial thrombophlebitis can occur. Varicocele refers to varices in the scrotum, whereas hemorrhoids refer to varices all around anal canal. Varicose veins can have a significant impact on one's standard of living due to their numerous physical, social, and psychological consequences. (Alwan a 2011). As per the census of WHO (2007), 2% of the western population have varicose vein, women have 3-4 times more than men. Varicose veins are least found in Eastern population. Statistics as per the country for prevalence of varicose veins is 45 per 1000. It was found approximately one in 22 for U S A. In India the varicose vein show an effect on one out of 2 people aged 50 years. (Benjamin W Van Voorhees 2007).

**OBJECTIVE:**

To assess the effectiveness of video assisting teaching program on knowledge regarding prevention and management of varicose veins among nursing officers working in ICUs of selected hospitals of belagavi, Karnataka.

**REVIEW OF LITERATURE**

For varicose veins. Shakya et al (2020) conducted a cross sectional study among 181 female nurses from different clinical settings of Dhulikhel Hospital to estimate the current prevalence of varicose veins among nurses and assess its risk factors. A structured questionnaire was administered to gather the demographic, work related and medical history information. The participants underwent Doppler ultrasound for varicose veins confirmation. Varicose veins was defined as Doppler finding of reflux or vein diameter equal or greater than 5 mm. Results of the study revealed that, a total of 181 nurses participated in this study and 83 (46%) had varicose veins. The mean standing time was 4.28 (0.8) hours /day, mean sitting time was 1.28 (0.6) hours/day, mean walking time was 2.37 (0.8) hours/day. In the adjusted model the odds of having varicose veins was 27 times greater with every 1 hour increase in standing time per day (adjusted OR: 27.44; 95% CI 4.09-180.77; p-value <0.00). Study concluded that, varicose veins were prevalent among nurses' at Dhulikhel Hospital. Prolonged standing was found to be a significant factor for varicose veins.

**METHODOLOGY**

The quantitative research approach was used in the present study. The present study adopted Quasi experimental pretest post test design for the evaluating the effectiveness of video assisted teaching program on knowledge regarding prevention and management of varicose veins among nursing officers working at critical care units. The present study was conducted in selected hospitals of Belagavi, Karnataka state. The population selected for the present study is nursing officers working at critical care units. The Non-Probability purposive sampling technique was used in the present study to draw the samples from the total population.

**RESULTS**

**Table 1: Frequency and Percentage distribution of respondents according to level of knowledge of participants of both groups. n = 100+100**

| Groups | Level of knowledge | | | | | |
|---|---|---|---|---|---|---|
| | Pre test scores | | | Post test scores | | |
| | Poor | Average | Good | Poor | Average | Good |
| | F (%) | f (%) | f (%) | f (%) | f (%) | f (%) |
| Experimental group | 17(17) | 74(74) | 9(9%) | 5(5) | 32(32) | 63(63) |
| Control Group | 21(21) | 69(69) | 10(10%) | 19(19) | 71(71) | 10(10) |

The information presented in the Table 1 shows that, level of knowledge of participants of both groups, it reveals that, In experimental group, during pretest majority 74(74%) were had average knowledge and least 9(9%) of participants were had good knowledge and post test majority 63(63%) were had good level of knowledge and least 5(5%) of participants were had poor level of knowledge. In control group, during pretest majority 69(69%) were had average knowledge and least 10(10%) of participants were had good knowledge and post test majority 72(72%) were had average level of knowledge and least 10(10%) of participants were had good level of knowledge.

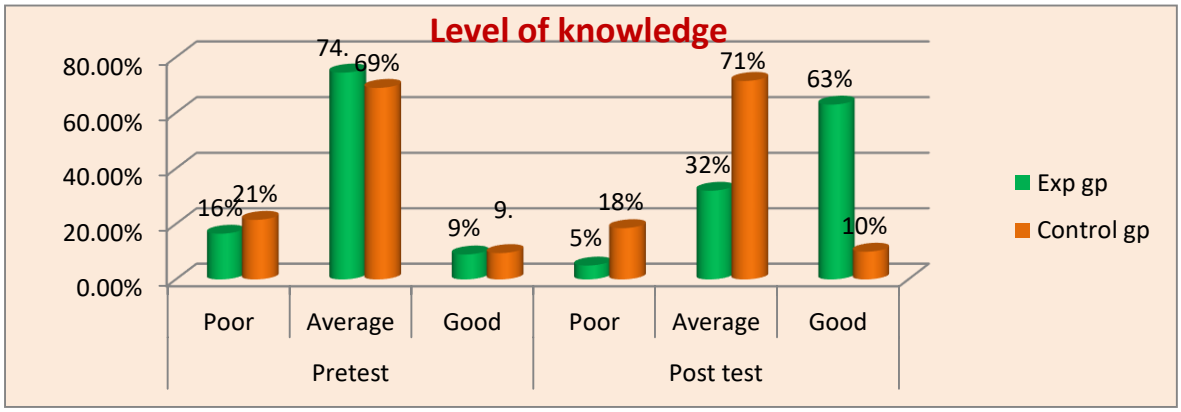


**Fig 1: Frequency distribution of participants according to their level of knowledge duringpretest and post test**

**Table 2: Comparison of pretest and post test mean knowledge scores.n=100**

| Group | Aspects | Knowledge Scores | | Wilcoxon Z Value | P value |
|---|---|---|---|---|---|
| | | Mean | SD | | |
| Experimental Group | Pre-test | 13.91 | 3.85 | 11.59 | 0.000* |
| | Post-test | 20 | 4.13 | | |
| Control Group | Pre-test | 14.25 | 4.23 | 2.44 | 0.617 |
| | Post-test | 14.54 | 4.17 | | |

* Significant at 5 % level

The data presented in Table 2 reveals the overall mean pre-test, post-test and enhancement knowledge scores of respondents of experimental and control group regarding prevention and management of varicose veins.

With respect to experimental group, the findings reveal that the post-test mean knowledge scores was found higher i.e. mean=20, standard deviation of 4.13 when compared with pre test mean knowledge score value which was 13.91 with standard deviation of 3.85.

The statistical Wilcoxon Z value implies that the difference in the pretest and post-test values and are found statistically significant at 5% level (P<0.05) with a Z value of 11.59. There exists a statistical significance in the enhancement of knowledge score indicating the positive impact of video assisted teaching program.

With respect to control group, the findings reveal that the post-test mean knowledge scores was found higher i.e. mean=14.54, standard deviation of 4.17 when compared with pretest mean knowledge score value which was 14.25 with standard deviation of 4.23.

The statistical Wilcoxon Z value implies that the difference in the pretest and post-test values and is not found statistically significant at 5% level (P<0.05) with a Z value of 2.44. There exists no statistical significance in the enhancement of knowledge score indicating no significant changes in attitude scores of participants of control group.

Hence, the null hypothesis H02 with respect to knowledge scores of participants is rejected and research hypothesis H2 is supported. It indicates that, the change in knowledge scores is not by chance and the participants who have exposed to video assisted teaching program on prevention and management of varicose veins have significantly improved in theirknowledge scores.

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